A shower head assembly, comprising:

a shower head housing having a water inlet and a nozzle plate, said nozzle plate having a plurality of apertures therein;

a plurality of nozzles positioned on said shower head housing in fluid communication with said apertures to provide a plurality of water outlets;

a plurality of nozzle inserts, each of said nozzles having a nozzle insert positioned therein, each of said nozzle inserts having a flexible nozzle tip protruding from said nozzle, each of said nozzle inserts having a passageway in fluid communication with said water inlet, whereby water introduced into said water inlet is ejected from the shower head through said passageway in said nozzle insert.

- 2. The shower head assembly of Claim 1, wherein said nozzle insert is formed from an outer sleeve surrounding an inner cannulated member having said passageway formed therein.
- 3. The shower head assembly of Claim 2, wherein said nozzle insert comprises a co-injected part, with said outer/sleeve formed over said inner cannulated member.
- 4. The shower head assembly of Claim 2, wherein said outer sleeve is formed of a harder material than said inner cannulated member.
- 5. The shower head assembly of Claim 2, wherein said inner cannulated member is formed from a material having a shore hardness of about 30-50 Sh A.
- 6. The shower head assembly of Claim 2, wherein said outer sleeve is formed from a material having a shore hardness of about 90 Sh A.
- 7. The shower head assembly of Claim 2, wherein said outer sleeve is formed from a polypropylene material.

8. The shower head assembly of Claim 2, wherein said inner cannulated member is formed from a polypropylene material.

- 9. The shower head assembly of Claim 7, wherein said inner cannulated member is formed from a polypropylene material.
- 10. The shower head assembly of Claim 1, wherein said nozzle and said shower head have a consistent finish.
- 11. The shower head assembly of Claim 10, wherein said consistent finish comprises a brass finish.
- 12. The shower head assembly of Claim 10, wherein said consistent finish comprises a chrome finish.
- 13. The shower head assembly of Claim 1, wherein said flexible nozzle tip protrudes about 1-2 mm from said nozzle.
- 14. A shower head nozzle, comprising a nozzle body having a nozzle insert passageway formed therein, said nozzle having a nozzle insert positioned in said nozzle insert passageway, said nozzle insert including a flexible nozzle tip protruding from said nozzle, said nozzle insert being cannulated, whereby water introduced into said nozzle traverses said nozzle insert and is ejected therefrom.
- 15. The nozzle of Claim 14, wherein said nozzle insert is formed from an outer sleeve surrounding an inner cannulated member having said passageway formed therein.
- 16. The nozzle of Claim 15, wherein said nozzle insert comprises a co-injected part, with said outer sleeve formed over said inner cannulated member.
- 17. The shower head assembly of Claim 15, wherein said outer sleeve is formed of a harder material than said inner cannulated member.

18. The nozzle of Claim 12, wherein said inner cannulated member is formed from a material having a shore hardness of about 30-50 Sh A.

- 19. The nozzle of Claim 12, wherein said outer sleeve is formed from a material having a shore hardness of about 90 Sh A.
- 20. The nozzle of Claim 12, wherein said outer sleeve is formed from a polypropylene material.
- 21. The nozzle of Claim 14, wherein said flexible nozzle tip protrudes about 1-2 mm from said nozzle.